NOW is the time to fight Alzheimer’s!

From here in South Carolina to Washington, DC, our advocates are speaking out!

On a sunny March day in Washington, DC, businessmen and tourists alike paused to stare at groups of people wearing bright purple sashes. First they squinted to read the white lettering that said “Alzheimer’s Association,” and then they called out,

“Thank you for doing what you’re doing. This disease has got to be stopped!”

700 Alzheimer advocates from across the country converged on Capitol Hill on March 9th, purple sashes and all, to bring that exact message to our legislators.

According to the 2010 Facts and Figures Report, which was released during the Advocacy Forum, there are currently 5.3 million Americans living with Alzheimer’s disease or related dementia. 80,000 of them are from South Carolina alone. For more SC statistics, see page 4.

In response to this growing crisis, advocates asked their legislators to support funding for Alzheimer’s disease research, Medicare changes that support Alzheimer’s detection, diagnosis, care and planning, and a National Alzheimer’s Project Office to create a comprehensive federal strategy to address Alzheimer’s disease.

Here in South Carolina, Alzheimer’s Action Day at the State House was also a great success. To read more about this event and the current state of funding for the Alzheimer’s Caregiver Respite Program, please see page 5.

Now is the time to fight Alzheimer’s, and you can join us as an advocate. Visit www.alz.org/sc to sign up!

We are pleased to announce that Representative John Spratt of South Carolina’s 6th Congressional District has signed on to cosponsor the latter initiative, called the National Alzheimer’s Project Act (NAPA). Thank you Congressman Spratt!

You can help by contacting your US Representative and Senators to urge their support of these vital initiatives.

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You can help by contacting your US Representative and Senators to urge their support of these vital initiatives.

SC advocates on Capitol Hill. From left to right: Jonathan Richardson, Seth Zamek, Lucien Richardson, Mary Ervin White, Barbara Barham, Beth Sulkowski, & Eleanor Gill.

Mark your calendar now for these upcoming education conferences:

April 14, 2010
Myrtle Beach, SC

April 29, 2010
Greenville, SC

May 19, 2010
Charleston, SC

May 25, 2010
Florence, SC

July 8, 2010
Aiken, SC

August 13, 2010
Columbia, SC

Conference details on page 7.

inside this issue...

Advocacy & Respite Updates........p. 5
Caregiver Tips: Sundowning...........p. 6
Education Opportunities..............p. 7
Upcoming Events........................p. 8
Research News............................p. 11
Memory Walk 2010..................pp. 14-15

News from SSA, p. 9
MUSC Brain Bank, p. 10
Support Groups, pp. 12-13

...and more!
A Message From Our CEO

Dear Friends:

As springtime transforms our beautiful state, the season is bringing a renewed sense of hope and opportunity to our shared cause.

Much has already happened in 2010 to raise awareness of the impact of Alzheimer’s disease and related dementia. In March, the 2010 Alzheimer’s Disease Facts and Figures were released nationally, and we were reminded yet again of the urgency of our work and the public health crisis that faces our nation.

The baby boomers are aging, and the incidence of Alzheimer’s disease continues to increase dramatically. These numbers are frightening, but they move us to take action against this dreaded disease that has impacted so many families.

Advocacy is one very important way that supporters like you are taking action. Our recent legislative action events in Columbia and in Washington, DC, have inspired us to work even harder to make our voices heard by our legislators.

Education and awareness are also vital to addressing Alzheimer’s issues in our local communities. Over the next few months, several education conferences will be offered throughout the state. These are excellent opportunities to learn more about Alzheimer’s disease and how to best meet the challenges that it brings.

Spring events offer a variety of fun opportunities to raise funds to support our mission. As warmer weather and sunshine set in, I hope that you’ll consider joining us for an occasion near you. We are pleased to be hosting the Forget-Me-Not Ball in four locations this year, a wonderful reason to get away for a weekend in Myrtle Beach, Columbia, Charleston, or Greenville.

Through your generous support, research funding and local programs are made possible. As researchers near and far continue to seek new breakthroughs in the fight against Alzheimer’s disease, we are joining with chapters throughout the country to enhance care and support for the many families who are directly impacted by Alzheimer’s disease.

The South Carolina Chapter is truly blessed to have a respite care program that allows families the opportunity to take an occasional break from caregiving at home. Our 24/7 helpline is sometimes the lifeline to individuals and caregivers who desperately seek support and answers. In addition, we have almost 100 support groups throughout the state that offer support and encouragement to caregivers and persons with dementia.

I would like to thank each of you for your financial contributions that have helped sustain and grow our chapter through the years. Together we will face the future with hope and confidence that we will someday realize our vision of a world without Alzheimer’s.

Know Your Charity

With many groups using the word “Alzheimer’s” in their name, it can become confusing to distinguish the different charitable organizations that send you mail. The following organizations are not affiliated with the Alzheimer’s Association:

Alzheimer’s Foundation of America - AFA
Fisher Center for Alzheimer’s Research Foundation
American Health Assistance Foundation

As long as you see the words “Alzheimer’s Association” and our logo, please rest assured that your donation will support South Carolina Chapter services as well as national research & advocacy efforts. We are proud that 85% of each donor dollar received goes to direct services, 10% to fundraising, and only 5% to management costs.

Our Mission:

To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

The South Carolina Chapter is fortunate to be guided by the leadership of a very diverse and capable team of individuals who share our passion for serving families who are living daily with Alzheimer’s disease. We appreciate the commitment of all our board members to our mission and the work of this chapter.

Cindy Alewine
CEO/President

Board of Directors

Missy Johnson, Chair
Ben Mustian, Vice Chair
Gail Stokes, Secretary
Lykes Henderson, Treasurer

John Absher, MD, F.A.A.N.
Jimmy Allison
Barbara Barham, RN
B.J. Burns
Carroll Campbell, III
Margaret Coker
Tom Kirby, PhD
John Ledford
Deb Lewis
Anne C. Mangum
T. Van Matthews
Jerry Neely
Paul R. Oken
Keren Pickard
Gary Piper
Lucien Richardson
Sarah Rowan
Rick Shaw
Barbara Specter
William Van Horn, MD
Dr. George West
Mary Ervin White
Robbie Yarborough
Seth Zamek
The Midlands Area Office is delighted to welcome Erin Stone as Director of Development for the Midlands. She is a graduate of Converse College, a women’s institution in Spartanburg, SC, where she double majored in Finance and Psychology with extensive work in Middle Eastern studies.

Prior to joining the Alzheimer’s Association, Erin was Outreach Coordinator for the Epilepsy Foundation of South Carolina where she did education programs, fundraising, and grant writing. Erin currently resides in Columbia with her husband, Patrick, and their two year old daughter Cameron. When not working, Erin is an active volunteer in the Columbia Area. She is on the Board of Directors of the South Carolina Community Health Charities and VDay Columbia.

Greenville Area Office
Serves Greenville, Pickens, and Laurens Counties
301 University Ridge, Ste 5000
Greenville, SC 29601
864.250.0029
866.844.0955 (toll free)
Program Director
Marjorie George
Director of Development - Upstate Region
Kimberly Williams
Program Associate
Sheila Lewis

Lowcountry Area Office
Serves Charleston, Berkeley, Horry, Dorchester, Colleton, Williamsburg, Hampton, Jasper, Beaufort, and Georgetown Counties
2090 Executive Hall Rd, Ste 130
Charleston, SC 29407
843.571.2641
800.860.1444 (toll free)
VP - Development & Communications
Ashton Houghton
Program Director
Cawana Wilson
Director of Development - Lowcountry Region
Cameron Renwick

Midlands Area Office
Serves Richland, Lexington, Newberry, Orangeburg, Chesterfield, Clarendon, Sumter, Calhoun, Florence, Darlington, Marion, Dillon, Marlboro, Bamberg, Allendale, Barnwell, Aiken, Kershaw, and Lee Counties
3223 Sunset Blvd, Ste 100
West Columbia, SC 29169
803.791.3430
800.636.3346 (toll free)
Program Director
Adelle Stanley
Director of Development - Midlands Region
Erin Stone
Client Services Associate
Bob Eversfield

Congratulations to the 2009 Charleston Memory Walk, nationally recognized as a Rising Star!

Each year, the National Alzheimer’s Association recognizes local Memory Walks across the country that have demonstrated remarkable achievements or growth.

We are proud to announce that the 2009 Charleston Area Memory Walk was recognized at the National Memory Walk Conference in February as a Rising Star for its percentage growth in revenue over the 2008 totals.

The Alzheimer’s Association, South Carolina Chapter, would like to say THANKYOU to all of our volunteers, supporters, donors, teams and staff members in the Charleston area who made this achievement possible!

Congratulations and warm wishes to Ashton (Baker) Houghton of the Lowcountry Area Office and her husband Scott Houghton on their recent marriage!
In the United States, 5.3 million people are living with Alzheimer’s disease, and a new individual is diagnosed with the disease every 70 seconds. Unless something is done, by 2050, up to 16 million Americans will have Alzheimer’s, and a new case will be diagnosed every 33 seconds.

Prevalence and Impact of Alzheimer’s disease and related dementias in the state of South Carolina

Number of People Aged 65 and Older with Alzheimer’s and Other Dementias by Age

<table>
<thead>
<tr>
<th>Year</th>
<th>65–74</th>
<th>75–84</th>
<th>85+</th>
<th>Total</th>
<th>% change from 2000</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>4,800</td>
<td>36,000</td>
<td>25,000</td>
<td>67,000</td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td>4,500</td>
<td>38,000</td>
<td>37,000</td>
<td>80,000</td>
<td>19%</td>
</tr>
<tr>
<td>2020</td>
<td>6,200</td>
<td>42,000</td>
<td>43,000</td>
<td>91,000</td>
<td>36%</td>
</tr>
<tr>
<td>2025</td>
<td>7,000</td>
<td>51,000</td>
<td>45,000</td>
<td>100,000</td>
<td>49%</td>
</tr>
</tbody>
</table>

Cognitive Impairment in Nursing Home Residents, 2008

- Total Nursing Home Residents: 38,530
- Level of Cognitive Impairment:
  - Severe/moderate: 23%
  - Mild/very mild: 29%
  - None: 49%

Number of Alzheimer and Dementia Caregivers, Hours of Unpaid Care, and Economic Value of Care

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Caregivers</th>
<th>Total Hours of Unpaid Care</th>
<th>Total Value of Unpaid Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>159,221</td>
<td>137,439,556</td>
<td>$1,454,110,507</td>
</tr>
<tr>
<td>2008</td>
<td>162,350</td>
<td>140,140,116</td>
<td>$1,555,555,287</td>
</tr>
<tr>
<td>2009</td>
<td>182,657</td>
<td>208,009,979</td>
<td>$2,392,114,762</td>
</tr>
</tbody>
</table>

Percentage Change in Number with Alzheimer’s Disease Compared to 2000

- 2010: 19%
- 2020: 36%
- 2025: 49%

Number of Deaths Due to Alzheimer’s Disease in 2006: 1,364

For more information, view the 2010 Alzheimer’s Disease Facts and Figures report at alz.org/facts.
South Carolina Advocacy Update

Thank you to those of you who have contacted your SC legislators in support of the Alzheimer’s Caregiver Respite Program.

More than 65 advocates and caregivers from across the state traveled to Columbia on February 3rd to participate in Alzheimer’s Action Day at the State House (pictured to right). All participants were able to speak with their Representatives, and some were able to meet with their Senators as well.

In addition, more than 125 advocates sent emails that week to their South Carolina legislators in support of the Alzheimer’s Caregiver Respite Program. Your stories have made an impact!

We are pleased to report that this program is funded at $911,600 in the current state budget. This is a decrease of about 9%, due to permanent budget cuts sustained by the Department of Mental Health, which funds the Respite Program.

Although this is a decrease, we are grateful for every penny in this difficult budget year!

This is just one step in the long process to finalize the 2011 South Carolina budget. We will continue to be vigilant at the State House, making sure that respite continues to be available to families across the state who urgently need these services.

Our current state level initiatives:

1. Ensuring continued funding for Caregiver Respite.
2. Working toward the passage of S. 1070, the Uniform Adult Guardianship Protective Proceedings and Jurisdiction Act (UAGPPJA), which would establish a uniform set of rules for determining jurisdiction in a guardianship cases that cross state lines, helping families reach resolution faster.
3. Working to potentially implement a set of survey questions assessing the impact of cognitive impairment within the 2010 South Carolina Behavioral Risk Factors Surveillance System, an annual public health telephone survey.

About the Caregiver Respite Program

Thanks to a continuing grant through the SC Department of Mental Health, we are pleased to be able to provide short-term respite (time away from caregiving responsibility) for full-time family caregivers.

The Family Caregiver Respite Voucher Program is designed to provide relief to caregivers to lessen the physical, emotional and financial burdens associated with Alzheimer’s disease. Fulltime caregivers provide 24 hour a day care for their loved ones often without taking a break. As a result, the caregiver’s own physical and emotional health often suffers. Evidence suggests that elderly spousal caregivers who experience caregiver stress have a mortality rate 63% higher than average. High caregiver stress leads to the increased need to seek long-term care placement for the individual with Alzheimer’s disease.

With a respite voucher, family members are able to arrange care through approved home care agencies, adult day care, or temporary placement in a long term care facility. The approved agency or facility will bill the Association for up to $500 worth of services. This program is not designed to pay for services on a long term basis and may not be applied retroactively, nor may it be used for private sitters.

Caregivers are encouraged to begin using the respite voucher as soon as possible upon receipt. Each voucher expires six months from the date of issue, and remaining funds cannot be redeemed once a voucher’s expiration date has passed. Caregivers can apply for a renewal once they have spent their voucher. Renewals are issued as funds are available.

To apply for a renewal, the family caregiver must complete the renewal form and return it by mail. This form requires a signature of the family member requesting a renewal and the management of the respite agency. The renewal cannot be issued until the Association has been invoiced for the service dates of the first voucher issued.

To apply for a respite voucher or a renewal, please call the office nearest you or visit www.alz.org/sc and click on “Respite Services.”
Sleeplessness and Sundowning

Sleeping problems experienced by individuals with Alzheimer’s and caregiver exhaustion are two of the most common reasons people with Alzheimer’s are eventually placed in nursing homes.

Some studies indicate that as many as 20 percent of persons with Alzheimer’s will, at some point, experience periods of increased confusion, anxiety, agitation and disorientation beginning at dusk and continuing throughout the night.

While experts are not certain how or why these behaviors occur, many attribute them to late-day confusion, or “sundowning,” caused by the following factors:

- End-of-day exhaustion (mental and physical).
- An upset in the “internal body clock,” causing a biological mix-up between day and night.
- Reduced lighting and increased shadows.
- Disorientation due to the inability to separate dreams from reality when sleeping.
- Less need for sleep, which is common among older adults.

Tips for reducing evening agitation and nighttime sleeplessness:

- **Plan more active days.**
  A person who rests most of the day is likely to be awake at night. Discourage afternoon napping and plan activities, such as taking a walk, throughout the day.

- **Monitor diet.**
  Restrict sweets and caffeine consumption to the morning hours. Serve dinner early, and offer only a light meal before bedtime.

- **Seek medical advice.**
  Physical ailments, such as bladder or incontinence problems, could be making it difficult to sleep. Your doctor may also be able to prescribe medication to help the person relax at night.

- **Change sleeping arrangements.**
  Allow the person to sleep in a different bedroom, in a favorite chair or wherever it’s most comfortable. Also, keep the room partially lit to reduce agitation that occurs when surroundings are dark or unfamiliar.

Nighttime restlessness doesn’t last forever. It typically peaks in the middle stages, then diminishes as the disease progresses.

In the meantime, caregivers should make sure their home is safe and secure, especially if the person with Alzheimer’s wanders. Restrict access to certain rooms or levels by closing and locking doors, and install tall safety gates between rooms. Door sensors and motion detectors can be used to alert family members when a person is wandering.

When a person with Alzheimer’s or related dementia is awake and upset, experts suggest that caregivers:

- Approach their loved one in a calm manner.
- Find out if there is something he or she needs.
- Gently remind him or her of the time.
- Avoid arguing or asking for explanations.
- Offer reassurance that everything is all right and everyone is safe.

If you have questions or concerns about your loved one’s sleeplessness or sundowning, call us at 1.800.273.2555.
Education Opportunities

April 14, 2010
Myrtle Beach Education Conference
Grand Strand Senior Center, Myrtle Beach
8:00 a.m. - 3:00 p.m.

Topics & Speakers include:
William A. Van Horn, M.D.
Basics of Dementia
Angie Knight, Esq., J.D.
Preparing for Passing: Legal Concerns to Consider
Jayne Jorden-Stephenson, Loan Officer
Reverse Mortgages
Dennis Wolterding, B.S., M.A., CPG
Hospice 101 for Caregivers
Warachal Faison, M.D.
Update on Research Advances

This program is approved for 0.40 CEU’s (4.0 clock hours) by Pee Dee AHEC and meets S.C.AHEC Best Practice Standards. For more information, please call the Alzheimer’s Association at 1-800-860-1444. Registration is also available online at www.peedeahec.net.

April 29, 2010
22nd Annual Upstate Education Conference
The Journey of Caregiving
First Baptist Church, Greenville
8:30 AM – 4:00 PM
Registration & light breakfast - 7:45 AM

This year’s education conference will feature David Troxel, MPH, internationally acclaimed co-author of The Best Friends Approach to Alzheimer’s Care. He will present on seeing beyond the disease process to fully connect with the person with dementia, as well as developing more effective ways of relating and communicating to a person with Alzheimer’s or related dementia.

The program will also include information about dementia and driver safety, presented by Sara Briggs, MSW.

CEUs are available. Fees are $65 for professionals if educational credits are required, and $25 for all others. To register: call 800-273-2555 or visit www.alz.org/sc.

Family caregivers: Please call 1-800-273-2555 if a no-cost, in-home sitter is needed in order to attend any of these educational opportunities. The Chapter will cover the cost through local home care organizations. Please call two weeks in advance for an application.

May 19, 2010
Charleston Education Conference
Charleston Elks Lodge #242, Charleston
9:00 AM - 4:00 PM
Registration & light breakfast - 8:00 AM

Morning Keynote Speaker: Dr. Daniel C. Potts
“Art Appreciation: Answering the Call of Care Giving”
Exploring creative arts as a means to improve quality of life in dementia patients and caregivers.

Afternoon Keynote Speaker: Dr. Mark Meiler
“Aging Well—It Beats the Alternative”
Aging, geriatrics, and how to manage health concerns.

Respite, independence, and advocacy will also be discussed. CEUs are available. Please call 1-800-860-1444 for more information or to register.

May 25, 2010
Florence Education Conference
Leatherman Senior Center, Florence
8:30 AM - 4:00 PM

Please join us to learn more about:
• Looking for skilled nursing or assisted living care.
• When to use Hospice and Palliative care
• How respite services & support groups can help.
• Resources available at the Area Agency on Aging
• Who is eligible for VA Benefits
• What services Medicaid will provide
• How reverse mortgages work
• The Basics about Chiropractic, Neurological, Geriatric, and Internal Medicine

For more information or to register, please call 1-800-636-3346 or visit www.alz.org/sc.

SAFE THE DATE
July 8 - Aiken
Education Conference featuring Teepa Snow

August 13 - Columbia
Annual Education Symposium

August 21 - Columbia
Education Breakfast for Physicians, Pharmacists, & Nurse Practitioners

Additional conference information will be posted online at www.alz.org/sc as it becomes available. Be sure to check out our website periodically for other education opportunities.
Upcoming Events

SUPPORT THE ALZHEIMER’S ASSOCIATION THROUGH THE

BMW Charity Pro-Am

presented by SYNEX CORPORATION

May 13-16, 2010

Bright’s Creek Golf Club, Mill Spring, NC
The Carolina Country Club, Spartanburg, SC
Thornblade Club, Greer, SC

The Alzheimer’s Association is one of several charities chosen to benefit from the BMW Charity Pro-Am this year! When you purchase your tickets through the Alzheimer’s Association, 100% of the proceeds will be retained by the South Carolina Chapter to provide education and support services to families in our community!

Patron credentials are $25 and will grant access to all three courses for the duration of the tournament. Don’t miss out on the excitement... and the celebrities!

For tickets, call 1-866-844-0995 or visit www.alz.org/sc.

the 22nd annual

BOWL-A-THON

TO

STRIKE OUT alzheimer’s

MAY 1, 2010

Boulevard Lanes
Anderson, SC

The 2nd annual

Forget-Me-Not Ball

A black-tie-optional gala featuring fine foods & beverages, live entertainment, dancing, and silent & live auctions.

April 17, 2010 - Grand Strand Forget-Me-Not Ball
Myrtle Beach Marriott Resort & Spa at Grande Dunes

May 7, 2010 - Upstate Forget-Me-Not Ball
Poinsett Club, Greenville

May 14, 2010 - Columbia Forget-Me-Not Ball
Columbia Marriott

May 21, 2010 - Charleston Forget-Me-Not Ball
Francis Marion Hotel, Charleston

Reservations: www.fmnball.org or 1-800-860-1444.

a ride to remember

july 16, 17, & 18, 2010

an unforgettable cycling event across the state

Calling all bicyclists looking for a memorable challenge--this ride is for you! a ride to remember is a 3-day, 260+ mile fundraising ride for the Alzheimer’s Association - South Carolina Chapter. The cross-state route begins in the Upstate and ends at the South Carolina coast. Grab your friends and start training today!

To register, sponsor, or learn more: 1-800-860-1444 or www.aridetoremember.org
Early-Onset Alzheimer’s & Disability Benefits

Social Security Administration adds Early-Onset Alzheimer’s to its Compassionate Allowance Initiative

Since 2003, the Alzheimer’s Association has been advocating on behalf of individuals with early-onset Alzheimer’s as they navigate the Social Security disability determinations process.

In an effort to improve and expedite the process, the Social Security Administration (SSA) announced in February that it will add early-onset Alzheimer’s disease to its Compassionate Allowances Initiative, which will allow for faster payment of Social Security benefits to individuals with early-onset Alzheimer’s disease.

Until now, individuals with early-onset Alzheimer’s disease have faced a myriad of challenges when applying for Social Security Disability Income (SSDI) or Supplemental Security Income (SSI), including a long decision process, initial denials, and multiple appeals. This new decision will simplify and streamline the SSDI/SSI application process and decrease the wait time for benefits, which for some has lasted as long as three years.

Although the majority of Alzheimer cases occur at age 65 and older, a significant number of people under age 65 are living with early-onset Alzheimer’s disease. These younger individuals have few financial options other than the Social Security disability program.

The Social Security Administration’s proactive efforts to “fast track” certain conditions will help to reduce the backlog of disability claims and, more importantly, ensure those claims that fall under the Compassionate Allowance Initiative will be decided within days instead of months or years.

Primary Progressive Aphasia and Mixed-Dementia were also added as Compassionate Allowances under the SSA’s recent decision.

In recognition of this landmark achievement, the National Alzheimer’s Association presented its 2010 Humanitarian Award to Social Security Administration commissioner Michael Astrue at the Alzheimer’s Action Summit in Washington, DC.

A noticeably moved Astrue came forward to accept the award and address the crowd. “This award is not about me,” he said. “It is in recognition of a very powerful idea. There have been skeptics and doubters, but we did it.”

Kris Bakowski, an advocate from Georgia who received a diagnosis of Alzheimer’s disease at age 46, was there to applaud Commissioner Astrue and the SSA. After her diagnosis, Bakowski immediately went on long-term disability and applied for Social Security. She was denied three times and waited three years and three months before she received her benefits.

“It only takes one person to listen and understand,” said Bakowski of Astrue, “and he is that person. Thank God someone listened.”

If you have Early-Onset Alzheimer’s disease (diagnosed under the age of 65), use these tips when applying for Disability Benefits.

Although you can apply for Disability Benefits online or by phone, it is strongly recommended that you apply in person at your local SSA office. Applicants should call 1-800-772-1213 to schedule an appointment.

Important Tips When Applying:

- Do not delay applying for SSDI benefits. You should apply for benefits if you have early-onset (younger-onset) Alzheimer’s disease and are unable to work. You may lose substantial benefits by waiting to apply.
- When asked by the SSA claims representative what the disabling condition is, specify “early-onset Alzheimer’s disease,” not just Alzheimer’s disease.
- Many applicants receive help with the application process from their families, close friends or professionals.

Be Prepared to Provide these Documents:

- Medical information to provide documentation of diagnosis (such as medical records, medication dosages, and physician contact information).
- Original or certified copy of your birth certificate.
- If born in another country, proof of age, and U.S. citizenship or legal residency.
- Original or certified copy of military discharge papers, if you were in the military.
- If you worked, a copy of the W-2 from last year or if self-employed, a copy of the federal tax return with Schedules C and SE.
- Social Security numbers for spouse and minor children, if applicable.
- Your checking and/or savings account numbers, if you have them.
- Name, address and phone number of a person SSA can contact if unable to reach you.
The Carroll A. Campbell Neuropathology Lab

A New ‘Brain Bank’ Laboratory at the Medical University of South Carolina

Many of us are organ donors. Our driver’s license conveniently notes this with a small heart symbol in the corner. This small act saves lives. But did you know that this designation does not cover all of your organs?

Brain tissue research is a critical component to finding cures for devastating neurological diseases like Alzheimer’s, Parkinson’s, and stroke. For that research to occur, brain tissue donors are needed.

Based on the significant momentum that MUSC has built in the field of Alzheimer’s and Parkinson’s research, a Neuropathology Laboratory was established in 2009 under the direction of Dr. Kumar Sambamurti and Dr. Lotta Granholm-Bentley.

The Carroll A. Campbell Jr. Neuropathology Laboratory is named after former South Carolina Governor Carroll A. Campbell, Jr. who served as Governor from 1987 to 1995 and, at the age of 61, was diagnosed with Alzheimer’s disease. It is a new statewide resource for patients, families, and researchers, and it will serve as a link between scientists and clinicians involved in aging research.

As a “brain bank,” the Campbell Lab will have the ability to process and study donated brain tissue from across the state. The primary goal of the Lab is to improve the diagnosis, care, and treatment of individuals suffering from neurological diseases.

In order to study disease mechanisms that are responsible for cognitive loss in the brain, the Campbell Lab now accepts donations of postmortem brains, both from persons with neurological disorders and from those with normal cognitive processes. Brain tissue from healthy older adults is used for comparison, as well as for studies of normal aging-related changes in the brain.

Thanks to the generosity of donors across the country for many years, scientists have been able to establish many of the underlying causes of degeneration of the brain related to aging. However, much work remains to be done before we can hope to develop treatment avenues that truly work.

If you would like to consider brain donation as part of your end-of-life planning, please contact MUSC for more information.

“Currently, there is no cure for Parkinson’s disease or Alzheimer’s disease, and we are uniquely poised here at MUSC to bring forth novel treatment options for these conditions. South Carolina has a higher rate of dementia, obesity, and stroke than most states in our country, and the reason for this demography is not known. Examining brains from South Carolinians afflicted by these conditions will allow us to pinpoint, and hopefully remedy, this affliction in our state.”

Dr. Lotta Granholm-Bentley
Medical University of South Carolina

For more information about the Campbell Laboratory or about planning to be a brain tissue donor, please call Nicholas Gregory at MUSC at 843-792-7867 or visit www.musc.edu/aging.

The brain tissue pictured above consists of dopaminergic (DA) neurons, which play an important role in the control of multiple brain functions including voluntary movement and a broad array of behavioral processes such as mood, reward, addiction, and stress.

Alzheimer’s Research & Clinical Programs at MUSC

Alzheimer’s Research and Clinical Programs (ARCP) was developed by the Medical University of South Carolina to serve as a statewide resource for patients, families, and physicians. ARCP is located in North Charleston, conveniently off of Interstate 26. The program provides a full spectrum of services designed to minimize, and ultimately end, the devastating effects of Alzheimer’s disease.

A wide range of clinical drug trials and other research studies are offered for older adults with Alzheimer’s disease and other disorders. Cognitive testing, medical monitoring and study medicines are offered at no cost to qualified participants of clinical drug trials.

If you or a loved one is interested in participating in a research study, call Stephanie at 843-740-1592 (extension 14) or visit www.musc.edu/arcp.
Disappointing Phase III Clinical Trial Results for Latrepirdine (Dimebon)

The Alzheimer’s Association is disappointed to learn of the negative results from the Phase III clinical trial of latrepirdine (Dimebon).

Nonetheless, the Alzheimer’s Association remains optimistic about the future prospects for better Alzheimer’s treatments and prevention strategies. Several dozen other compounds are in the pipeline for Alzheimer’s disease. We remain encouraged by the fact that drugs in the pipeline for Alzheimer’s attack the disease from a variety of angles.

“The population is aging, and we need to make significant advances soon in the treatment and prevention of Alzheimer’s. It is an overwhelming epidemic, already claiming millions of individuals, and it is on track to deplete our healthcare resources and devastate Medicare,” said William Thies, Ph.D., Alzheimer’s Association Chief Medical and Scientific Officer. “The current level of federal research funding for Alzheimer’s is unacceptable considering the many millions of people this disease affects and the huge financial impact on our economy and society. And, these numbers will grow exponentially with the aging of our population.”

According to the Association, in order to get better diagnosis, treatments and prevention for Alzheimer’s, we must address two important issues:

**We must address the chronic underinvestment in research to ultimately solve the Alzheimer crisis.** We need to get more Alzheimer drugs in the pipeline. To do this, we must increase the research investment in Alzheimer’s to levels similar to other leading causes of death, such as cancer and heart disease. Only then will we have the chance to see the same type of progress — such as declining death rates, and viable lifestyle-based prevention strategies — and stop this epidemic. If we do not invest now, the cost of Alzheimer’s disease to taxpayers in Medicare and Medicaid costs will be $20 trillion dollars over the next 40 years — equal to 25 economic stimulus bills.

**In addition to increasing funding, it is imperative that people volunteer for Alzheimer’s clinical trials.** Later this year, at the Alzheimer’s Association 2010 International Conference on Alzheimer’s Disease (ICAD) the Association is planning to launch a first of its kind tool to help match people with Alzheimer’s and caregivers with Alzheimer’s clinical trials.

Visit alz.org to learn how to get involved.

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A Small Mouse with a Very Big Job

Jeffree Itrich, Alzheimer’s Disease Cooperative Study.

You may have heard the term “transgenic mouse” or heard about animal research taking place before a drug enters the clinical trial (human) phase. If you’ve ever wondered about this, here are some answers to questions that you might have.

Animal models, such as mice, are often used for basic research to study human diseases because they are biologically very similar to humans. A full 99 percent of a mouse’s genes have counterparts in humans. In fact, researchers said they have identified only 300 genes that are unique to either creature.

Mice have a shorter lifespan than humans and therefore allow scientists to study disease development over brief periods of time, which is critically important in AD research because the disease takes decades to develop in the human brain. Additionally, scientists can control the animals’ diet and environment, allowing them to focus on specific aspects of the disease.

The first successful gene transfers into mice were achieved in 1980. These are what we call “transgenic” mice. They are bred (by inserting or deleting certain genes) to develop specific diseases that mirror human pathology, such as AD. Consider them hero volunteers. Without being able to first test potential therapeutics on mice with AD type characteristics, most drugs would never make it to the human clinical trial phase nor would they ever make it to the drug store.

Advances in basic science and animal models have given scientists extensive knowledge about AD’s three defining characteristics: beta-amyloid plaques, tau tangles, and loss of connections, or synapses between neurons. Scientists have detailed the steps by which beta-amyloid plaques and tau tangles are formed and have improved their understanding of the roles that various enzymes and other proteins play in these processes. In the past five years, scientists have also come to recognize that early, soluble forms of plaques and possibly tangles may actually be more damaging to neurons than full-blown plaques and tangles. With the help of the mice, they are learning more about how these early forms do their damage.

This progress has helped scientists compare what they know about changes inside the brain with clinical changes observed in patients, such as memory loss, and changes in cognition, behavior and personality. These associations provide clues about biological pathways that lead to AD and generate insights into potential therapeutic targets. In short, scientists could not advance without these tiny medical heroes, the transgenic mice.

Reprinted with permission from the Alzheimer’s Disease Information Network Newsletter, March 2010, Issue No. 16.

Get research updates via email or Twitter: Visit www.adcs.org.
**ABBEVILLE COUNTY**
*1st Tues. 7 PM*
Covenant Way
Due West
843-379-3210 (Ruth Hill)

**AIKEN COUNTY**
*3rd Thurs. 2:00 PM*
HarborChase Assisted Living & Memory Care
1385 Silver Bluff
803-642-8444 (Christina Reed)

*2nd Tues. 11:00 AM*
Aurora Pavilion
803-641-8441 (Liz Neal)
803-641-5900 (Robert Schwartz)

**BERKELEY COUNTY**
*3rd Thurs. 4 PM*
St. Stephen Comm. History Rm
843-821-4011 (Pat Browder)

**ANDERSON COUNTY**
*2nd Thurs. 5:30 PM*
Royal Baptist Church
407 E. Hampton St
864-224-8839 (Odis Telley)

*3rd Thurs. 7 PM*
Anderson Place
31 Simpson Rd.
864-224-3045 - Alz. Office
(Mel Harriss- Facilitator)

**CHARLESTON COUNTY**
*2nd Sun. 2:30 PM*
Parkinson's Support Group
Bon Secours- St Francis Hospital
843-884-6949 (Gretchen Huff)

**COLUMBIA COUNTY**
*2nd & 4th Tuesday 1 PM*
Hawthorn Inn, Hilton Head
843-816-5695 (Karen Kirby)

*2nd & 4th Wednesday 3 PM*
Tide Point, Hilton Head
843-816-5695 (Karen Kirby)

*4th Friday 10-noon*
Hilton Head Library
843-842-6688 (Cathee Stegall)

*2nd Tues. 2 PM*
4th Fri. 2 PM
Okatie Outpatient Center
843-705-2113 (Sandra Brown)

**CLARENDON COUNTY**
*3rd Mon. 2 PM*
New Covenant Presbyterian Church
843-795-3102 (Patti Mears)

**DORCHESTER COUNTY**
*3rd Mon. in Dec*
New First Missionary Baptist Church
843-237-7478 (Margaret Coker)

**DARLINGTON COUNTY**
*1st Tues. 10 AM*
St. Bartholomew’s Church
843-332-7478 (Margaret Coker)

*2nd Tues. 10 AM*
Medford Center
843-332-7478 (Margaret Coker)

**DORCHESTER COUNTY**
*2nd Thurs. 7 – 8:30 PM*
Grace Lutheran - Summerville
843-832-2357 (Don Bagwell)

**FLORENCE COUNTY**
*3rd Thurs. 6 PM*
The Leatherman Senior Center/
Senior Citizens Association
600 Senior Way
Florence, SC
843-669-6761 (Fannie Kennedy)

**GEORGETOWN COUNTY**
*1st Mon. 12 PM*
Prince George Parish Hall
Georgetown, SC
843-237-2845 (Lillian Szabo)

**GREENVILLE COUNTY**
*1st Tues. 5PM*
Upstate Levy Body & Related Dementia Support Group
The Haven
355 Berkman’s Lane, Greenville
(864) 350-7160 (Gail Stokes)
(864)918-1416 (Pam Williams)

*1st Tues. 7 PM-Golden Strip*
Hillcrest Hospital (Conf Rm B)
729 S.E. Main Street, Simpsonville
For info call 864-250-0029
(864) 346-0579 (BJ Burns)
& (Nancy Pearce)

**HANCOCK COUNTY**
*2nd Wed. 11 AM*
Roper Presbyterian Church
864-227-7141 (Vicki Fields, Jane Roper)

**HAMPTON COUNTY**
*2nd Mon. 6 PM*
Hampton Presbyterian Church
803-942-3775 (Sally Dobson)

**NEWTON COUNTY**
*3rd Wed. 7 PM*
First Baptist Church
355 Berkman’s Lane, Greenville
(864) 350-7160 (Gail Stokes)
(864)918-1416 (Pam Williams)

**PANAMA COUNTY**
*1st Tues. 6 PM*
First United Methodist Church
864-225-1116

**PICKENS COUNTY**
*2nd & 4th Wed. 10:30 AM*
Sunrise Presbyterian Church
843-884-6949 (Gretchen Huff)

**RIDGE COUNTY**
*1st & 3rd Wed. 9:30 AM*
All Saints Lutheran Hwy. 17
843-810-5576 (Ginger Deigan)

*2nd Thurs. 6-7 PM*
Martin Luther Evangelical Lutheran Church
843-816-5694 (John Ledford)

**RICHMOND COUNTY**
*2nd Thurs. 7 PM*
Good Shepherd Lutheran
843-549-6623 (Virginia Bullard)

**SCOTT COUNTY**
*2nd & 4th Wed. 10:30 AM*
First Baptist Church
843-332-7478 (Margaret Coker)

**SUMTER COUNTY**
*2nd Thurs. 7 PM*
Good Shepherd Lutheran
843-549-6623 (Virginia Bullard)

**TILLER COUNTY**
*2nd & 4th Wed. 10:30 AM*
First Baptist Church
843-332-7478 (Margaret Coker)

**WALTON COUNTY**
*2nd & 4th Wed. 10:30 AM*
First Baptist Church
843-332-7478 (Margaret Coker)

**WILSON COUNTY**
*2nd & 4th Wed. 10:30 AM*
First Baptist Church
843-332-7478 (Margaret Coker)

**WILDERNESS COUNTY**
*2nd & 4th Wed. 10:30 AM*
First Baptist Church
843-332-7478 (Margaret Coker)
Please call numbers listed to verify meeting details. Family members and friends are welcome to attend. Support Groups are free and open to the public.

**NEED A SITTER?** Call 1-800-273-2555 if a no-cost in-home sitter is needed during meeting time. An application must be filled out to use support group sitter funds. This service is available through a professional home care agency ONLY and is separate from your respite voucher.
Please mark your calendar for the 2010 Alzheimer’s Association Memory Walk®!

You, your family and friends have the opportunity to be part of a movement bringing help and hope to millions of Americans living with Alzheimer’s — and millions more at risk. Your participation will make a difference.

You can start your team today by registering online or by phone. Together, we’ll build a world without Alzheimer’s disease!

Aiken:
September 25
Odell Weeks Center
1700 Whiskey Road
Aiken, SC

Anderson:
October 9
Downtown Anderson, SC

Beaufort County:
October 30
Historic Bluffton
110 Calhoun St
Bluffton, SC

Charleston:
October 23
Charleston Harbor Resort and Marina, at the Lookout Pavilion
20 Patriots Point Road
Mt. Pleasant, SC

Columbia Area:
October 16
Finlay Park
930 Laurel St
Columbia, SC

Grand Strand:
November 13
Broadway At the Beach
1325 Celebrity Circle
Myrtle Beach, SC

Rock Hill Area:
October 30
Cherry Park
1466 Cherry Road
Rock Hill, SC

Greenville Area:
October 16
County Square
301 University Ridge
Greenville, SC

Spartanburg Area:
September 11
Wofford College Stadium
Twitty Street Entrance
Spartanburg, SC

Greenwood Area:
October 2
Burton Center
2605 Hwy. 72/221 E.
Greenwood, SC

Sumter:
October 23
Dillon Park
1210 Clara Louise Kellogg Dr
Sumter, SC

Manning:
September 25
Council on Aging
206 S Church St
Manning, SC

Florence:
November 13
McLeod Fitness
2437 Willwood Drive
Florence, SC

13 locations.
3 easy ways to register.

visit www.alz.org/memorywalk
call 1-800-860-1444
or mail in this form
I am a [ ] team captain [ ] team member [ ] individual

My goal is to raise $___________ to help end Alzheimer’s disease.
(The recommended minimum goal is $200.)

All registrants who raise $100 will receive a Memory Walk T-shirt.

First name

Last name

Address

City

State [ ] Zip

Phone (Day)

Phone (Evening)

E-mail address

Company name

Job title

[ ] Yes, my company has a matching gifts program.

Please help the Alzheimer’s Association better serve our community by completing the following:

Gender [ ] Male [ ] Female

Birthdate M [ ] D [ ] Y

Choose one [ ] African-American/Black [ ] American Indian/Alaskan Native [ ] Asian [ ] Caucasian/White [ ] Hispanic/Latino [ ] Pacific Islander [ ] Other

T-shirt size [ ] Small [ ] Medium [ ] Large [ ] X-Large [ ] XX-Large [ ] XXX-Large

All registrants who raise $100 will receive a Memory Walk T-shirt.

How did you hear about us? [ ] Chapter mailing [ ] Web site [ ] Family [ ] Friend [ ] Past participant [ ] Work colleague [ ] TV/radio/print ads [ ] Other

Please choose the closest affiliation you have to Alzheimer’s disease:

[ ] I have/had a family member with Alzheimer’s disease

[ ] I am a caregiver for someone with Alzheimer’s disease

[ ] I have a friend with Alzheimer’s disease

[ ] I have been diagnosed with Alzheimer’s disease

[ ] I do not know anyone with Alzheimer’s disease

I am interested in information about:

[ ] Joining the Memory Walk steering committee

[ ] Advocating for people affected by Alzheimer’s

[ ] Other volunteer opportunities with the Alzheimer’s Association

[ ] Including the Alzheimer’s Association in my will, trust or estate plan

[ ] More information about Alzheimer’s disease

[ ] Other

Enclosed is my personal donation of: [ ] $200 [ ] $100 [ ] $50 [ ] $25 [ ] Other

To make a credit card donation, please go online: www.alz.org/memorywalk

Please donate the value of any of my fund-raising prizes back to the Alzheimer’s Association. [ ] Yes [ ] No

Assumption of Risk, Release and Permission

In consideration of being allowed to participate in Memory Walk, I hereby expressly assume all risks of personal injury, death or property loss arising in any way out of my participation. I represent that I am physically fit and able to participate in this event. I hereby release and agree not to sue Alzheimer’s Association, its chapters, their respective officers, directors, volunteers, employees, sponsors and agents, from or in connection with any and all liability and claims arising out of my participation in this event. I grant full permission to the organizers of this event to use and publish my name and image as a participant in photographs, video or other recordings.

Signature __________________________ Date __________________________

If Participant is a minor or acts in accordance with a legal guardian, the parent or guardian must sign and agree to the below:

I am the parent and/or legal guardian of Participant, and I hereby consent to his/her participation. I have read the foregoing agreement, and I hereby agree on behalf of myself and Participant to its terms.

Please mail completed form to: Alzheimer’s Association, ATTN: Memory Walk, 2090 Executive Hall Road, Ste. 130, Charleston, SC 29407
If you have concerns about yourself or a loved one, please call our 24-hour HelpLine:

1.800.273.2555

For additional resources, visit our website at www.alz.org/sc.

SUPPORT THE ALZHEIMER’S ASSOCIATION THROUGH THE

BMW Charity Pro-Am
presented by SYNNEX CORPORATION

May 13-16, 2010
Bright’s Creek Golf Club, Mill Spring, NC
The Carolina Country Club, Spartanburg, SC
Thornblade Club, Greer, SC

The Alzheimer’s Association is one of several charities chosen to benefit from the BMW Charity Pro-Am this year! When you purchase your tickets through the Alzheimer’s Association, 100% of the proceeds will be retained by the South Carolina Chapter to provide education and support services to families in our community!

Patron credentials are $25 and will grant access to all three courses for the duration of the tournament. Don’t miss out on the excitement... and the celebrities!

For tickets, call 1-866-844-0995 or visit www.alz.org/sc.

For reservations, please visit www.fmnball.org or call 1-800-860-1444.

April 17, 2010 - Grand Strand Forget-Me-Not Ball
Myrtle Beach Marriott Resort & Spa at Grande Dunes

May 7, 2010 - Upstate Forget-Me-Not Ball
Poinsett Club, Greenville

May 14, 2010 - Columbia Forget-Me-Not Ball
Columbia Marriott

May 21, 2010 - Charleston Forget-Me-Not Ball
Francis Marion Hotel, Charleston